Government of **Western Australia**
Child and Adolescent Health Service
WA Country Health Service

school health services

Health information for parents with children starting school



Your child is starting school, so now's a good time to think about your child's health.

Children learn better when they are healthy, safe and happy.

Immunisations

As soon as they turn 4, get your child immunised against diphtheria, tetanus, whooping cough, polio, measles, mumps and rubella. Contact your child or school health nurse to find out where to get immunisations or go to *healthywa.wa.gov.au/immunisation*

Schools need a current copy of your child's Immunisation History Statement. You can get this information using your Medicare online account through *my.gov.au* or by phoning the Australian Immunisation Register (AIR) on 1800 653 809.

If your child was born or immunised overseas, the immunisation provider will need to enter their immunisation history onto the AIR.

If there is an outbreak of measles at the school, children who are not fully immunised may be excluded from school until the outbreak is over.

Medical conditions

It is important you tell the school if your child has a medical condition.

You need to complete a form to provide the school with information about your child's medical needs, and what to do in an emergency.

Find out more at *det.wa.edu.au/studentsupport/behaviourandwellbeing* (Student Health Care).

School Entry Health Assessment

When your child starts school, you will be asked to complete and return a health assessment form.

With your consent, the school health nurse will check your child's vision, hearing, growth and general development.

You will receive a summary of the results, and the nurse will talk with you if any possible problems are found.

Toileting

Children are expected to be toilet trained and dry during the day when they start school. However, we understand that children occasionally have 'accidents' when stressed, tired or too busy to go to the toilet.

Social and emotional health

Talking to your child about their feelings is the most important way to help their social and emotional health.

Parenting support

The Triple P Positive Parenting Program offers free courses that support parents and carers of 3 to 8 year olds to raise happy and confident children.

Find out more at *healthywa.wa.gov.au/parentgroups*

Head lice

It is important to regularly check your child's hair for head lice. Find out more at *healthywa.wa.gov.au* (search Head Lice).

School health services

School health service staff regularly visit primary schools. If you have any concerns about your child's health, contact the school health nurse through your school.

Other people who may be able to help are the school psychologist, your child's teacher, your doctor, or your local child development centre – see *healthywa.wa.gov.au/childdevelopment*



For more health information including child development:

- *healthywa.wa.gov.au*
- *raisingchildren.net.au*
- Ten Top Tips for a Great Start to School available from your child or school health nurse or at *healthywa.wa.gov.au*

This document can be made available in alternative formats on request for a person with a disability.

This publication is provided for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.

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